
















# May 2024



## Suncrest Retirement Community 4th Floor - Buena Vista (B) & Savary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>This Month, we honour our special Mother's, Grandmother's, Sister's, Aunt's, and loved ones! Happy Mother's Day.</i></p>  			9:30 Sit Fit (B) 1 10:30 Sit Fit (S) 1:30 Bingo (M) 3:00 Bowling (S)	9:30 Vitality! (B) 2 <u>10:00 Catholic Mass</u> 10:30 Vitality! (S) <b>1:30</b> <b>Concert on 2nd "John Elton"</b> 3:00 Reminiscing	9:30 Fitness (B) 3 10:30 Fitness (S) 2:00  Celebrating 	
5 	6 9:30 Gym Fit! (B) 10:30 Gym Fit! (S) 1:30 Badminton (B) 3:00 Targets (S)	7 9:30 Fitness (B) 10:30 Fitness (S) <b>1:30</b> <b>Afternoon Movie Matinee (4th Floor)</b> 4:00 Walk About	8 <b>10:00 Scenic Drive Bus Outing</b>  <b>2:30 Music Therapy With Angela</b> 3:30 Visits	9 9:30 Vitality! (B) <u>10:00 Catholic Mass</u> 10:30 Vitality! (S) <b>1:30</b> <b>Group Sing A Long</b> 3:00 Visits	10 9:30 Fitness (B) 10:30 Fitness (S) <b>2:30</b> <b>Women's Group "Ode to Mother's" Tea Social (3rd Floor)</b>	11 
12 	13 9:30 Gym Fit! (B) 10:30 Gym Fit! (S) 1:30 Comedy Hour (B) 3:00 Tennis (S)	14 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Trivia Hour (B) 3:00 Soccer (S)	15 9:30 Sit Fit (B) 10:30 Sit Fit (S) 1:30 Bingo (B) 3:00 Bean Bag Toss (S)	16 9:30 Vitality! (B) <u>10:00 Catholic Mass</u> 10:30 Vitality! (S) <b>1:30</b> <b>Concert on 3rd "Nick Klassen"</b> 3:00 Reminiscing	17 9:30 Fitness (B) 10:30 Fitness (S) <b>2:30</b> <b>Victorian High Tea Social (3rd Floor)</b>	18 
19 	20  <b>Stat Holiday</b>	21 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Volleyball (B) 3:00 Ladder Ball (S)	22 <b>10:00 Scenic Drive Bus Outing</b>  <b>2:30 Music Therapy With Angela</b> 3:30 Visits	23 9:30 Vitality! (B) <u>10:00 Catholic Mass</u> 10:30 Vitality! (S) <b>1:30</b> <b>Concert on 4th "Gordon Oliver"</b> 3:00 Reminiscing	24 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Tennis (B) 3:00 Brain Teasers (S)	25 
26 	27 9:30 Gym Fit! (B) 10:30 Gym Fit! (S) 1:30 "Give Me 5" (B) <b>3:00 Resident Meeting</b>	28 9:30 Fitness (B) 10:30 Fitness (S) <b>2:30</b> <b>Men's Pub Social (3rd Floor)</b> 4:00 Walk About	29 9:30 Sit Fit (B) 10:30 Sit Fit (S) 1:30 Bingo (M) 3:00 Walk About (S)	30 9:30 Vitality! (B) <u>10:00 Catholic Mass</u> 10:30 Vitality! (S) 1:30 Soccer (B) 3:00 Price is Right (S)	31 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Target Toss (B) 3:00 Sing A Long (S)	31 